

VELASHAPE—8 treatments per course

Neck	8 x 1hrs	R2500
Arms	8 x 1hrs	R2500
Stomach	8 x 1hrs	R2500
Thighs & Buttocks	8 x 1hrs 30 min	R4500
Thighs, Buttocks & Stomach	8 x 1hrs 45 min	R5500
Thighs, Buttocks, Stomach & Arms	8 x 2hrs	R6500

* Measurements & Photos will be taken on consultation

ADDITIONAL BEAUTY TREATMENTS

Eye Brow Tint	R50	R45
Eye Lash Tint	R60	R55
Eye Brow & Lash Tint	R100	R90
Express Manicure	30min	R95
Express Pedicure	45min	R140
Including French paint	15min	R25
Deluxe Manicure	1hr	R180
Deluxe Pedicure	1hr15min	R240
Manicure with Paraffin Wax	1hr15min	R210
Pedicure with Paraffin Wax	1hr30min	R260
Deluxe French Manicure	1hr15min	R210
Deluxe French Pedicure	1hr15min	R260
Half Leg Wax	R125	R115
Three Quarter Leg Wax	R150	R130
Full Leg Wax	R180	R150
Under Arm Wax	R80	R70
Half Arm Wax	R100	R85
Full Arm Wax	R150	R125
Chest Wax	R150	R125
Back Wax	R120	R105
Bikini Wax	R100	R85
Brazilian Wax	R160	R140
Hollywood Wax	R250	R225
Lip Wax	R50	R45
Chin Wax	R50	R45
Eyebrow Wax	R50	R45
Eyebrow Shape	R55	R50



STILLNESS
MANOR & SPA

STEAM ROOM or SAUNA

We encourage all our clients to make use of our Steam Room and Sauna. The benefits are immense as the heat prepares the body for the breakdown and elimination of toxins. A Steam Room or Sauna session is included in all Touch and Spa Body Treatments. If you wish to include a session in your treatment, please arrive at least 45 minutes early.

OTHER FACILITIES

Tennis Court
Two outdoor swimming pools
One indoor 12m swimming pool (in Spa)
Meditation Deck hidden away in our garden



CHILDREN

Children are most welcome at Stillness and special rates apply. Children under 16 are not allowed in the Spa unless supervised by parents and outside spa treatment hours.

TRANSFERS

Transport to and from Stillness Manor can be arranged as well as vehicles for hire

MEMBERSHIPS

Both Spa & Gym Memberships are available—Ask our Staff for Further Information

Please be aware that prices are subject to change without prior notice



STILLNESS
MANOR & SPA

Stillness Spa Price List



Spa Treatments 9am—6pm

Tuesday to Saturday

(Earlier/Later treatments by prior appointment only)

Stillness Manor & Spa

T: +27 (0)21 713 8826 | F: +27 (0)21 713 8875

E: spa@stillnessmanor.com

W: www.stillnessmanor.com

CANCELLATION POLICY:

100% of the treatment fee will be due if treatments are cancelled within 24 hours of the appointment date.

PLEASE NOTE THAT WE DO NOT ACCEPT AMERICAN EXPRESS AND DINERS CLUB CARDS

Bold Prices Represent Member Rates

BODY TREATMENTS

Full Body Exfoliation	30 min	R210	R200
Aroma Hot Spa Bath Deluxe	30min	R250	R225
Aromatic Body 'Well Being'	1hr30	R490	R440
Aromatic Body 'Contouring'	2hrs	R500	R445
DERMALOGICA Thermal Therapies	1hr30	R580	R475
AHAVA Full Body Salt Scrub &	1hr30	R580	R475
Remineralising Mud Wrap			

TOUCH THERAPIES

Traditional Swedish Massage	45 min	R300	R255
Traditional Swedish Massage	60 min	R390	R350
Traditional Swedish Massage	90 min	R500	R425
Deep Tissue Massage	60 min	R410	R355
Deep Tissue Massage	90 min	R520	R450
Aroma Massage	60 min	R410	R355
Hot Stone Massage	60 min	R500	R445
Deep Tissue Back Massage	30 min	R260	R220
Back and Neck Massage	30 min	R210	R200
Back and Neck Massage	45 min	R300	R255
Hair and Scalp Massage	30 min	R210	R200
Manual Lymphatic Massage	60 min	R390	R350
Reflexology	30 min	R250	R225

STILLNESS PACKAGES

Stillness "Express"	1hr30min	R590	R480
Relaxing Hair and Scalp Massage / Aroma Spa Bath / Back, Neck and Shoulder Massage			
Stillness "Inner Calm"	2hrs30min	R1250	R1100
Aroma Spa Bath / Relaxing Full Body Wrap / Full Body Swedish Massage			
Stillness "Wake-up Call"	3hrs15min	R1290	R1150
Full Body Exfoliation / Aroma Spa Bath / Aroma Body Massage / Facial			
Stillness "Must Have It All"	4hrs30min	R1320	R1190
Full Body Swedish Massage / Facial / Deluxe Pedicure / Deluxe Manicure / Aroma Spa Bath			

*A Breakfast or Spa Lunch is available on request

SPECIALISED LASER TREATMENTS

(10% discount for members)

PHOTO REJUVENATION

Face	1hr	R1400
Neck	45 min	R 950
Chest	45 min	R1150
Hands	45 min	R 950
Arms	1hr	R1850
Under Arms	45 min	R 850
Bikini	45 min	R 850

SKIN TIGHTENING & LIFTING

Full Face	1hr	R1850
Eyes or Forehead	45min	R 650
Jawline and Nasal—Labial Fold	1hr	R1200
Jawline or Nasal—Labial Fold	45 min	R 850
Neck	45 min	R 980
Chest	1hr	R1100

PERMANENT HAIR REDUCTION

Upper Lip or Sideburns or Chin	30 min	R 250
Under Arms or Feet	30 min	R 460
Arms (including hands)	1hr	R1200
Standard Bikini	30 min	R 600
Brazilian Bikini	45 min	R 850
Hollywood Bikini	1hr	R1200
Chest	1hr30 min	R1100
Back	1hr30 min	R1300
Stomach	30 min	R 250
Hairline	30 min	R 300
Half Leg (including feet) - both legs	1hr15 min	R1300
¾ Leg (including feet) - both legs	2hrs	R1600
Full Leg (including feet) - both legs	2hrs30min	R2200
Full Leg (including standard bikini)	2hrs30min	R2450

ACNE TREATMENT

Full Face	1hr	R 850
Back	1hr	R 750
Per Specific Area	30 min	R 450

THE ABOVE PRICES ARE PER AREA PER SESSION

FACIAL SKIN CARE TREATMENTS

dermalogica[®]

Core Skin Treatment	1hr	R400	R365
Pigmentation Treatment	1hr	R450	R395
Medicated Clearing Treatment	1hr30m	R470	R425
Environmental Control Treat.	1hr30m	R490	R445
Skin Bright Treatment	1hr	R520	R450
Age Smart Treatment	1hr30m	R570	R525

LABORATOIRES
FILORGA
PARIS

Filorga Express Facial	30 min	R250	R225
Filorga Anti-Ageing Facial	1hr	R500	R450
Filorga Anti-Ageing Facial Peel			
	20%	1hr15min	R600 R550
	50%	1hr15min	R650 R600
Mesotherapy Facial	1hr 15min	R700	R650

GUINOT
INSTITUT • PARIS

Deep Cleanse	1hr	R400	R365
Hydradermie	1hr15min	R490	R445
Hydradermie Hydra Plus	1hr30min	R720	R645
Hydradermie Lift	1hr15min	R580	R525
Hydradermie Deluxe	1hr45min	R890	R725
Hydradermie for Men	1hr15min	R490	R445
Beauté Neuve	45 min	R490	R445
Liftosome	45 min	R515	R435
Aromatics	45 min	R490	R445

